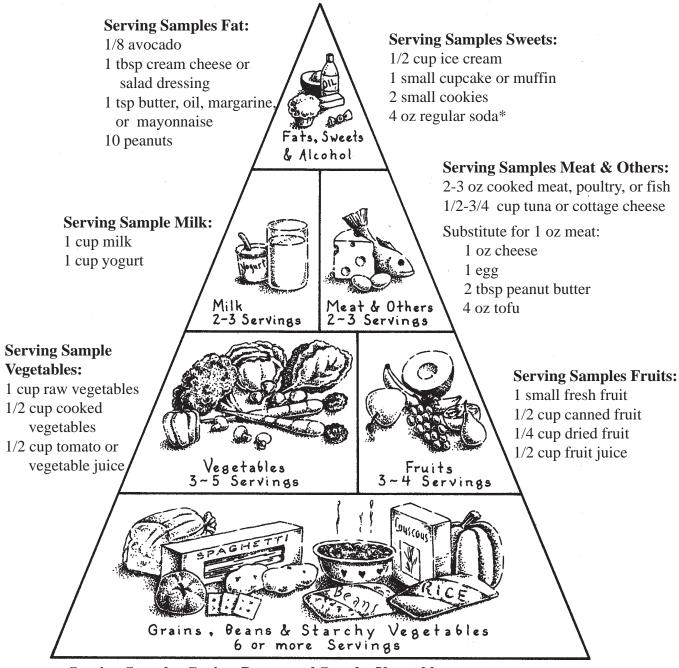
## The Diabetes Food Pyramid



## Serving Samples Grains, Beans, and Starchy Vegetables:

English muffin or pita bread 1 slice bread 1/2 small bagel 1/2 hamburger or hot dog bun 1 6-inch tortilla 4-6 crackers 1/2 cup cooked cereal, pasta, or bulgur 3/4 cup dry cereal 1 small potato 1/2 cup cooked sweet potato 1/2 cup cooked rice 1 cup wintersquash

1/2 cup cooked beans, lentils, peas, or corn

<sup>\*</sup> The American Academy of Pediatrics discourages the use of soda in the school setting. (Soft Drinks in School. *Pediatrics*.113(1): 153 154.2004).